

SERENITY

SEN T I N E L

APRIL, 1973

VOLUME II, No. 4

35¢

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Published Monthly by SERENITY SPIRITUALIST ASS'N.
NSAC, P. O. Box 137, Forest Knolls, CA. 94933

Richard P. Goodwin Editor
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THE WISDOM OF TOLERANCE

A lecture given at Serenity Spiritualist Church on March 4, 1973
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Tolerance." Now—in the one of the triune soul we do know that without we do not understand what he is very difficult to express who, for some reason if we will make the a bit of wisdom and are simply expressing

every being, power to disturbs us, my good wonders and thinks— our soul? If it is true, our soul is inseparable is only logical and so, we give it to that whenever you feel a by that very thing. see so many different things fall us. The reason we will gain understanding, it is the understanding. And so it is the thing, get understanding." taken your soul from its self, seemingly, for many think themselves. Why is it

THE WISDOM OF TOLERANCE

A lecture given at Serenity Spiritualist Church on March 4, 1973
through the Mediumship of Richard P. Goodwin.

The topic has been entitled "The Wisdom of Tolerance." Now—in the understanding that we have at this time, tolerance is one of the triune soul faculties that it is inseparable from duty and gratitude. We do know that without tolerance there is no gaining of understanding, for one cannot understand what he does not express tolerance toward. Indeed it is seemingly difficult to express tolerance when one encounters in his daily activities those who, for some reason or another, do not face their personal responsibilities. But if we will make the great effort to express a little tolerance, we will indeed gain a bit of wisdom and see that no matter what it is and no matter who it is, they are simply expressing a certain level—a state of consciousness—at that particular time.

Each time that we express intolerance we give, from our very being, power to the thing that we are not able to tolerate. For that that disturbs us, my good friends, is that which controls us. So a wise man stops and ponders and thinks—who is it or what is it that you wish to control and enslave your soul? If it is true, and it is our belief and understanding that it is true, that our soul is inseparable from the Divine, that it is one and the same thing, then it is only logical and practical that if we are going to give any power to anything, we give it to that which is giving power to us. So stop and think, my friends, whenever you feel a need to express intolerance, you are being indeed controlled by that very thing.

We look around about us in this world of creation and we see so many different things. We will guarantee that which we cannot tolerate to befall us. The reason that we will guarantee it is because it is only through tolerance that we will gain understanding. And whether or not we think that we wish understanding, it is the Divine purpose of the soul's incarnation to gain understanding. And so it is the Bible prophets have spoken so many times, "in all your getting, get understanding." For the moment that you get understanding, you awaken your soul from its sleep, from its slumber of satisfaction. Indeed it is difficult, seemingly, for many people to awaken from their slumber to make changes within themselves. Why is it

difficult to change? Why, it is very simple. We become satisfied with that with which we are familiar and we feel a strange, but false, security. That is why it is seemingly difficult to make changes. Because we have permitted ourselves to be governed by fear. And what is fear? Nothing more, my friends, than the direction of energy into the negative or creation. The same energy, of course, directed through the soul faculties, or through our spiritual being, is known as faith but it is indeed one and the same thing. That is the reason that we find that it is such a struggle to go out into the world and to tolerate. It is not a matter of tolerating; it is a matter of tolerance. And I understand a great difference between those two words. One means to me to put up with someone because it is in your best interests. Then they say that is to tolerate someone. Tolerance is to awaken that you are indeed in creation, that you are indeed a part of all things, that whatever you may like or dislike in another human being is also inside of ourself. Of course—the mind says, "*Well, I've never acted that way.*" That is no guarantee, my friends, that its potential *to* act that way is not inside of ourself. So, tolerance is something that is inside of us. It is a recognition; it is a realization that we are indeed all things. And, therefore, it is not wise for us to judge for he who judges only judges himself and in so doing guarantees the very judgment to befall him, that he may gain more understanding and to become aware of why a person acts this way or that way. Indeed is it true that in all your getting, get understanding. For with understanding there is no such thing as war; with understanding there is no such thing as discord and disharmony. There is only peace—the peace that passeth all understanding. But it is fear and fear alone that causes the ignorance that makes us what they call "intolerant" in things and people and in circumstances and conditions. When we stop and our mind is entertained with thoughts about what everyone else in this world should be doing, what the politicians shouldn't be doing and what the religionists should be doing, and that is all we can do—is entertain that type, that attitude of mind—then indeed are we intolerant and indeed are we in turmoil.

They say that joy is an inside job. How many of us express joy in the course of a week or even a year? Why is it so few people are joyous in this world? Why? Only from lack of understanding themselves. Joy is an attitude of mind. It comes when we open the soul faculties and when we remember that indeed we *are* our soul Divine, that indeed does it have a purpose to serve. When we are about our Father's business and our Father is inside us, ourselves, then we are going to know why we
(Continued on Page 29)

Book Review



"THE UNIVERSITY OF SPIRITUALISM"
by Harry Boddington—Spiritualist Press, London
Reviewed by Dorothy Craine

This authoritative book is based on a three year course on all aspects of Spiritualism given by the author, one of London's pioneer teachers in the field and one of its most knowledgeable exponents. It represents 40 years of preparation teaching, lecturing and studying comparative religion, science, philosophy, ethics, logic and social economy in order to present all phases of psychic matters in a comprehensive manner.

A brief history of modern Spiritualism emphasizes the important breakthrough to present-day awareness of spirit communication associated with the events of the Fox sisters in New York state in 1847. Andrew Jackson Davis, an important American medium, contributed to the great wave of scientific interest in those decades, overcoming all attacks of scoffers by "leaning on his magic staff." His magic staff was EVENNESS OF MIND.

The seven principles of Spiritualism clearly state that its understanding and practice is very individual, but at the same time, as individuals, we are tied together (Religion: from Latin, "religio," to bind together). Spiritualism is also a deep brotherly pursuit; all are one in the Light of Spirit. The evolution and ascent of man operates among us (together and interdependent) through reason and aspiration to reduce the purely animal to a subtler balance and awareness.

Harry Boddington, as a scientific thinker and historian, discusses the human aura, healers of the ages and the rationale of psychic healing, meditation, psychometry, the truth about trance and effects of the mind, obsession, the secrets of mediumship, the problem of reincarnation. His subjects further include how the clairvoyant sees, prophecy, automatic writing, physical phenomena, yoga, and spirit photography. In short, the author answers almost every question one might have about the many demonstrations of spirit life manifest among us living on

(Continued on Page 6)

(Continued from Page 5)

earth.

This book was originally published in 1947 and its third printing was in 1967. It is of perennial interest. The author was married to a gifted medium and had daily examples to study and a good guidance in his research. Some of his phrasing may seem out-of-mode to our ears and some of his arguments overstressed in our age of open-spirited hope for wider understanding. This reviewer would advise that an open-minded charity displace any critical vibration; by way of humility before the enormous range of man's experience with the psychic, we can learn best. Only by the ego's absorption in a cause greater than its own interests, can we fully think through the great statement of eternal life that is implicit in this book.

In its 470 pages, one has material equal to a three year university course, simply put and readily understandable. Serenity Church emphasizes that we read, not to ridicule nor to believe—we read to think. Boddington's book is an excellent coverage, systematically documented, for those who have not inquired into the many phases of Spiritualism and are just beginning to think of psychic matters. It is also useful for those who have thought deeply and learned much because, here for fuller knowledge, is a broad range of the subject amply covered, carefully documented, rich with many historical anecdotes, personal experience, stories and examples all in one volume.

For those who order this volume within the next three months (or as long as the supply lasts) Serenity Publications will include, free of charge, "They Live—A Report" by R. F. Nye of North Carolina. This small paperbound book is a report on human personality survival and communication from the departed.

EDITOR'S NOTE—

Books reviewed in this column are available through Serenity Spiritualist Association. Please see page 32 of the *Sentinel* for information regarding this book and others of interest.

There is only one way to get ready for immortality, and that is to love this life and live it as bravely and faithfully, and cheerfully as we can.

—Henry Van Dyke

Student's Corner



by Thomas Tucciarone

All of us are seeking a better existence and we are asking many, many questions. As a student of "The Living Light," I have been given many laws and concepts to ponder. I have often been instructed to think and think more deeply, as the answers to my questions and to all questions are within me.

I have thought deeply on many of the concepts and much is yet to be learned. I would, however, like to share with you one of the questions I have thought upon and the understanding I have of that question. The question is "How will knowing what I want bring me a better existence?"

The first thought that became evident while pondering this question was that by knowing what it was that I wanted, lead me to the question, "Who is it that I am?" This question, then, became the one to ponder and has led me to some understanding of myself, of where I am, and of some of the many laws I have placed in motion on various levels which still have effect upon my existence.

Further thought revealed that having an understanding or knowledge of the laws which govern my existence did not change them in any way. Knowledge and understanding, themselves, are worthless if they are not utilized. The next step was and is to apply the understanding and knowledge, for this is wisdom. Needless to say, wisdom is difficult to attain and requires much effort but the rewards are great, for wisdom will bring a better existence.

THE FUNDAMENTAL FACTS OF SPIRITUALISM

by A. Campbell Holms

PRECOGNITION

The faculty of precognition is one possessed by many mediums. Its reality can easily be tested for almost any good clairvoyant medium will describe future events in a sitter's life, and even in that of a friend who is not present. It should be observed, however, that, mixed up with accurate statements, there is often much which is erroneous. Many accurate predictions of important events have been published.

TELEPLASM AND PHYSICAL MEDIUMSHIP

It is not known exactly in what respect the organism of a medium differs from that of ordinary people, but it has been ascertained that the production of objective phenomena depends on their ability to emit a mysterious substance variously termed teleplasm, ectoplasm, psychoplasm or deoplasm.

The fact that teleplasm is essential to the production of physical phenomena has long been known to Spiritualists, for it was described in spirit communications as long ago as 1867 and it has often been seen from that time to the present day. Experiments by eminent European scientists, working with exceptionally gifted mediums, have established its reality beyond dispute, for it has been observed at close quarters, handled and photographed by flashlight; and several scientific monographs have been written describing it in detail, with many photographs showing its various modes of manifestations, and the human-like forms it may assume.

Ectoplasm may exude in a visible, pasty state from any part or any aperture of a medium's body, or it may be emitted as a sort of vapour, visible or unvisible. It is a substance essentially different from all other forms of matter. It is not inert or stable, but can change its condition almost instantly from an invisible, vaporous state, to a visible pasty, or solid one, and vice versa. It is usually white or grey in colour. It can assume luminosity, and become warm or cold, soft or hard. It is ponderable and can convey force and
(Continued on Page 14)

Visitors Views



"Your services are very uplifting in these days of doubt by so many age groups. Your basic philosophy of freedom of choice no matter what formal religious belief and the "no push" attitude of your sincere minister, Mr. Goodwin—are soul refreshing." Sincerely, B.P.

"I was very much impressed. I hope that someday soon this kind of service is started in Southern Oregon. It is very much needed."

"This has been one enjoyable church experience that I have ever had. It seems to make life more understandable and easy when you know that many people from the spirit world are at your side when needed. Thank you and thank God." V.L.

"The entire service was new to me—it was such a departure from the years of traditional experience, that no way was I relaxed. Then to be told that I had no organization or stability in my life (among other things) very nearly undid me. The following 24 hrs. were not spent in sleeping—I realize it was true and I live a very empty life besides. I'm on a program to mend my ways and shall return when I can hold my head up."

"Beautiful."

"I found the service very different from any other service I have ever attended. I found it difficult to understand exactly what was happening but the mood was relaxing and peaceful. Very few parts of the service reminded me of other services I had attended and the peaceful mood was never found anywhere else." T.T.

"The rap on the philosophy of Spiritualism is very beautiful."

"Peace and harmony vibrates throughout the entire church."

"It was a beautiful morning and experience to be here." Virginia D.

SPIRITUALIST DICTIONARY

Fourth Dimension:

A mathematical welding of space and time, as a framework for all natural phenomena. It is now generally accepted by scientists as a working hypothesis; it grew from Einstein's Relativity concept, and has now superseded the old idea of an all-pervading 'ether' for which no demonstrable evidence could be found. It is interesting to note that parapsychology experiments seem to deny the validity of ordinary 'time' concepts, and that Spiritualist communications often mention peculiar difficulties in the way of our understanding of spirit 'time.'

Hierarchy of Spirit:

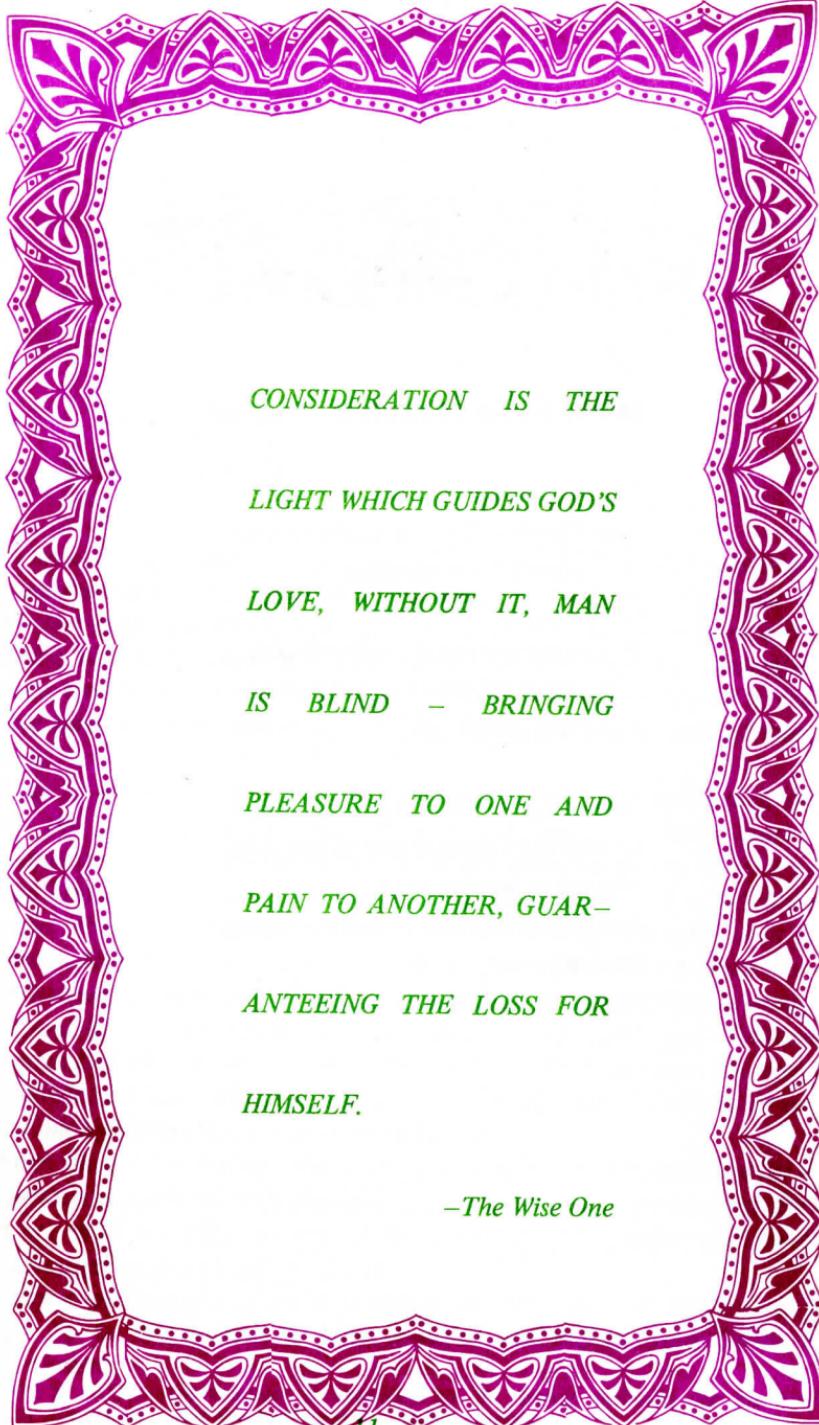
A term often used by controls of trance mediums. It is descriptive of the integration between the different spirit planes of existence; Divine inspiration not passing direct, but by means of a system of delegation; a chain of communication through the spheres to the medium on the earth plane. The higher spheres are said to be conscious and observant of the lower adjacent sphere, which they are able to influence and impress, but knowledge of the higher can only be revealed through the mediumship of spirits at the lower level.

Concentration:

A mental exercise whereby the mind is kept continuously on a focal point, a very difficult exercise to maintain, but a good preparation for the stilling of the mind's normal activity which prevents psychic impression.

Morris Pratt Institute of Wisconsin:

An institution of learning established under the auspices of Spiritualism. Founded by Morris Pratt, an American Spiritualist who made a great fortune from the finding of valuable mineral deposits disclosed to him by his Red Indian guide. The building and land was deeded to seven well-known Spiritualists as trustees.



*CONSIDERATION IS THE
LIGHT WHICH GUIDES GOD'S
LOVE, WITHOUT IT, MAN
IS BLIND - BRINGING
PLEASURE TO ONE AND
PAIN TO ANOTHER, GUAR-
ANTEEING THE LOSS FOR
HIMSELF.*

-The Wise One



PRAYER FOR SPIRITUAL HEALING

*I ask the great Unseen Healing Force
To remove all obstructions
From my mind and body
And to restore me to perfect health.
I ask this in all sincerity and honesty
And I will do my part.*

*I ask this great Unseen Healing Force
To help both present and absent ones
Who are in need of help
And to restore them to perfect health.
I put my trust
In the Love and Power of God.*

Healing Hands

by Dr. Irving Waltham



In view of the ever-increasing interest in the healing arts, I should like to share my understanding and experience of what is known as "spiritual healing."

As one is motivated to seek help or aid with a health problem and in their searching have not gained sufficient relief from their pain and discomfort, there comes a time when they are willing to try most anything. And so it is, that many, passing through these experiences, finally wend their way to the spiritual healing chapels.

What to expect? In the thought which entertains so many in their search for relief, the anticipation of "Will it work for me?" is usually quite intense. Consequently, compounding the work of the spiritual healer, as it is necessary for the best possible healing to take place, for the recipient to be relaxed and in a peaceful, receptive attitude of mind. For Divine healing is exactly what the word implies — Divine or "Spiritual," and implies the need for the recipient to be in a like vibration, at least momentarily, in order that they might receive or experience the actual healing. Therefore, it seems advisable that some type of counseling or understanding should precede the actual healing. For man cannot be receptive to that which he is not aware of. And so it is, that a healing of the mind or emotional body is an indispensable part of spiritual healing.

When the need is intense, the result or healing is ever in proportion for need is a recognition or acceptance of the lack of something and in recognizing the lack of what we think we need, we accept the possibility of its fulfillment; for we have first accepted the possibility of its lack.

Balance or evenness of mind is known as harmony, and harmony is perfect health. So be harmonious in your thoughts and express your Divine right to perfect health.

EDITOR'S NOTE—Appreciation is extended to Dr. Irving Waltham for his kindness in bringing this article to the Sentinel from the world of spirit.

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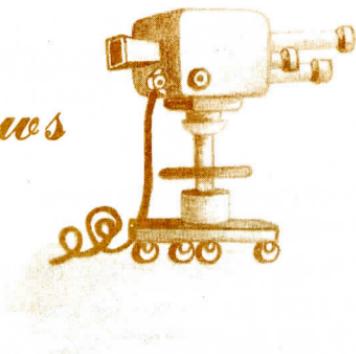
energy. It may take the form of long arm-like protrusions or extensions from the medium's body, visible or invisible, which can seize and manipulate objects at a distance. Although it may operate at a distance of many feet and appear to be detached and independent, there seems always to be a connection with the medium. It is imbued with life, for it can move and change its shape, and mould itself into the semblance of any part, or the whole, of a living-body, anatomically perfect. It has independent vitality which enables it to react to some intelligent formative power either inherent in it, or communicated by some external intelligence. This intelligence may be that of the medium himself, but usually it appears to be that of an external spirit which is in control of the medium's subconscious mind while in the trance state.

Ectoplasm is an essential agent in all mediumistic phenomena in which matter is affected, as, say, the telekinetic movement of an untouched object. Spirit, mind, or will power being without material attributes, cannot convey (in the ordinary way) the mechanical forces necessary to produce effects on ordinary lifeless matter. Living matter is exceptional in that it can be acted upon directly by mind. The human hand, for instance, though composed of matter, is under the direct control of the mind, acting through the brain and nerves. If we will our hand to write, it does so, but why or how the thought is converted into action is a profound mystery. Ectoplasmic extensions from a medium's body are under the control of the medium's subconscious mind in a similar way. And just as a medium's hand may be controlled to write a letter or lift an object either by his own will power or by that of an external spirit acting through his subconscious mind, so may an ectoplasmic arm-like protrusion (which can assume all the physical and anatomical features of any part, or the whole, of the human body) be controlled to produce similar effects.

Ectoplasm proceeding from the body of a medium, has been observed to elevate an untouched object like a table, and with such force that the full weight of a man could not depress it. This class of phenomenon usually occurs in dim red light, but the ectoplasm has been seen and photographed by flash light, and has the appearance of a white column or strut supporting the table from below.

It should be observed that no rules or explanations can be given that are generally applicable to all psychic phenomena.

News & Views



by Duncan Robertson

We were delighted to see a near-capacity turnout at last month's social-dinner. Food, fun, games, prizes and stimulating conversation made the evening a great success. Special thanks to those who participated in the preparation of the home-cooked food. As a person with a large appetite and gourmet taste, I can attest that the chefs of Serenity set a marvelous cuisine. If you have not picked up your tickets for the dinner coming up on April 28, they may be obtained by calling the church office. I understand the theme for the April dinner will be "Chuckwagon Days." It is, of course, very helpful for the chefs to know in advance the quantity of food that will be needed. So utilize your power in the eternal moment of now to pick up the telephone and reserve tickets for yourself and a friend. We'll see you there!

Our president, Richard P. Goodwin, will be temporarily stepping outside the familiar settings of Serenity services and classes to give a special lecture on the topic, "Spiritualism and the Christian Bible," at the First Congregational Church in San Rafael (8 North San Pedro Road) on Sunday evening, May 6, at 7:30 p.m. The talk should be of interest to all, since we understand that the principles taught in the Bible, together with the means through which it was written, are the principles of Spiritualism.

The deadline is drawing near for the close of registration for Spring Quarter Classes. Study book for the session will be "The Living Light" and we are all looking forward to further in-depth examination of these fascinating teachings on the nature of man and his universe. The twelve week semester will begin Thursday evening, May 3, so those who have not completed their registration should do so as soon as possible.

What's new with you? This column is not only to keep you posted on what is happening at Serenity, but also what is new with the members and friends of our church. Please let us know any items of interest that we may pass along to our readers.

A GUIDE TO MEDIUMSHIP AND PSYCHICAL UNFOLDMENT

by E. W. & M. H. Wallis

Continued from last issue—

No medium should remain ignorant, or refrain from giving effect to his (or her) natural desire for knowledge and self-improvement under the erroneous idea that he does not need to think, study, or learn, because he is a medium; and that the spirits will provide and teach through him all that is required. On the other hand, while thoughtfully observant of favorable conditions, and intelligent in self-study and culture, the medium should avoid 'getting up' certain subjects, or thinking along certain lines with the purpose and expectation that such information will be employed while under control. Such action, proceeding from a wrong motive, cannot fail to injure the psychic relations between the spirit and the medium, and will render the work of the control doubly hard, because such thoughts will have to be cleared away before those of the spirit can be transferred to, and have free course through, the medium.

The Phenomena of Mediumship

Every sensitive person is not a medium, but every medium is a sensitive.—M. A. (Oxon).'

The evidence of man's immortality rest on spirit manifestations. Without them we could have no certain knowledge of the future life. I make this broad statement, including the manifestations of ancient times and of all races, but more especially is it true of the modern phenomena. —Hudson Tuttle.

The phenomena by which spirits manifest their presence, demonstrate their power, and establish their identity are, broadly speaking, classed under two heads—physical and mental.

Physical Phenomena

*What the peculiar quality of mediumistic power for the production of sensuous
(Continued on Page 21)*

SERENITY SOUNDS
(Letters to the Editor)

Dear Editor:

"I really do like your magazine; however, I would appreciate receiving it a little earlier than I have. I know the mails are slow, but it is difficult to believe that it takes over a month to arrive at my door from California."

B. J., Newark, New Jersey

We are working diligently to assure prompt delivery of our magazine in the month of its issue. The reason for the delays are due to the purchasing of new printing equipment and the training of personnel. We hope to have this problem solved within the coming few months. —Editor

Dear Editor:

"Your magazine is beautiful but I would like to see some improvements, such as a directory of Spiritualist churches, mediums and healers."

D. M., Chicago, Illinois

We appreciate constructive criticism and are ever-open to suggestions of improvement; however, our National Association publishes a monthly magazine, "The Summit of Spiritual Understanding," which covers the area of your interest (directory listing). —Editor

Dear Sirs:

"I look forward each month to receiving my Sentinel and thoroughly enjoy its variety of content, especially the articles in your Students Corner column. I would be interested in receiving more information on your Spiritual Classes and would like to know if a correspondence course is available?"

L. P., Orlando, Florida

Thank you for your interest in our magazine and especially your request for a correspondence course on The Living Light Awareness Classes. A special 'question and answer' lesson booklet is in the process of publication and will be available within the coming few months. —Editor

Gentlemen:

"I find your magazine interesting and instructive but lacking in material of parapsychology and I'm wondering why you do not have articles of that type for people like myself who have this great interest?"

M. B., Santa Rosa, California

Your comments and constructive criticism of the Sentinel are appreciated and we would be most happy to consider an article on parapsychology, should you care to submit one. —Editor

FROM FIRE-MIST TO MAN

EVOLUTION SPIRITUALLY INTERPRETED

by Andrew Jackson Davis

Continued from last issue—

Five steps of modification. Review the animal kingdom and you will find first, what are called "fixed types;" second, types from cross marriage; third, varieties in every class; fourth, progression by means of multiplication; and fifth, development, improvement, expansion and distribution.

These five phenomenal steps follow each other as regularly as we put one foot before the other. Let us commence with fixed human types, with a black race on one side and a nearly white race on the other. Now, the marriage of the black race with the white would result in an intermediate race. This intermediate race by marrying with the black race, produces a fourth variety. By marrying the white with individual varieties of the last development, we have a fifth species. Let the fourth species marry with the original white, and a purely sixth type appears. The fifth species by uniting with the original black race generates and fixes a seventh type.

Thus Nature in early stages of human development multiplies and fixes types by this continual and compound cross-conjugation. But what is the result in this age of the world? In every one hundred, or in every one hundred and fifty years, these mongrels or hybrids lose the power of reproduction, and unless mixed with types of the parent stock, they gradually become extinct.

The mulattos, for instance, left to themselves would in a brief period pass out of existence; they would propagate to advantage for about one hundred and thirty years. The North American Indians furnish another illustration; they are an offshoot of two primal races. And they are now passing out of existence from two causes:

First, they are not sufficiently amalgamated and germinally intermixed with other races; and secondly, they are being barbarously overrun and exterminated by the stronger races in brain and in arts.

The negro race, however, cannot ever be annihilated — because it is — one of the two primal types; nor can the white race because it is the north pole of an original organization. But all the intermediate races might in a few centuries glide away like the melting iceberg and be seen no more. The black race is the south pole, and the white race is the opposite north pole of one paralleled system. Hence the opposite races are quite equal and will have a paralleled career.

THE A. B. C. OF SPIRITUALISM

by B.F. Austin, A.M., D.D.

21. *From the standpoint of Spiritualism how is the character and work of Jesus to be interpreted?*

Jesus was a great Mediator, or Medium, who recognized all the fundamental principles of Spiritualism and practiced them. The existence of a Supreme Power; the Spiritual nature of man; man's continued life after death; the open door between the two worlds; the efficacy of prayer; the power of healing; the gifts of spirits, are all to be found in the teachings and examples of Jesus.

22. *How does Spiritualism answer the objection: "The Bible condemns spirit communication?"*

The fact that a few isolated passages are found in the Old Testament forbidding the practice of communicating with spirits is admitted.

But this prohibition establishes at once the fact of spirit communication. There were special reasons for this prohibition at the time because of the abuses to which the practice had been subjected. Old Testament laws and regulations are not now considered binding upon professed Christians, being abrogated in the new and more spiritual dispensation of Jesus. Jesus himself communed with angels and spirits and took his favorite disciples to a seance on the Mount, where Moses and Elias appeared and communed with them.

Surely there can be nothing more authoritative or binding in Christianity, than the example of Jesus.

23. *What answer does Spiritualism make to the objection: "Christianity and Spiritualism are opposed to each other."*

Read Moses Hull's "Encyclopedia of Biblical Literature;" Dr. Crowell's "Primitive Christianity and Modern Spiritualism;" Dr. B. F. Austin's "Christianity and Spiritualism;" and you will find all the opposition is between Spiritualism and the perverted Christianity of today—better named Churchianity—and that the true primitive Christian religion and Spiritualism are most closely related and in general harmony.

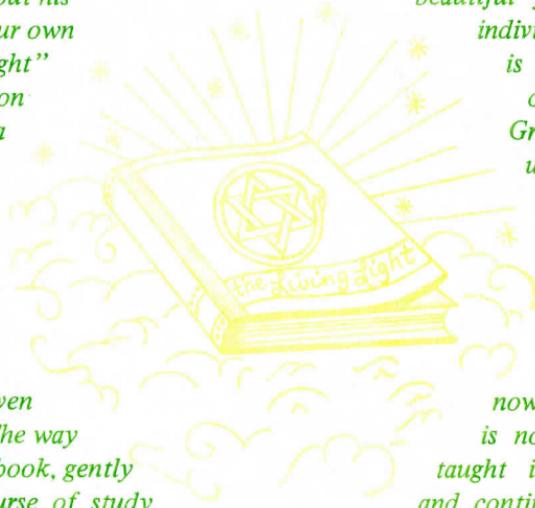
"A man who does not see beauty is better blind, that he may know God's fullness and wisdom of being kind."

—The Wise One

In this new book are the wonderful teachings of the Old Man, which were given as progressive lessons to a class in spiritual unfoldment through the Mediumship of Richard P. Goodwin. It has been nine years since the beginning of the Old Man's instruction directly through trance-voice. Again and again we are introduced to a continuing and tantalizing series of new subjects, lovingly explained and carefully attuned to our understanding.

The Old Man (we are never told his name) is one known as a Teacher of Light. He is a fine teacher; in a hundred ways he intertwines his allegory, progressive explanation, unfolding exercises and timely references to reach many levels of individual minds. "Think more often and think more deeply," he tells us.

In "The Living Light," he makes clear that his lessons are not dogma, creed or a narrow way, but his beautiful form of instruction to aid us in our own individual progression.



Selected Passages:

"What does it benefit your life to add a multitude of things and experiences if in the adding there is no light, there is no peace, and there is no lasting purpose."

"Man can only be affected by that with which he is in rapport."

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(Continued from Page 16)

evidences may be we cannot determine, but scientific students of 'the phenomena called spiritual,' such as Professors Hare, Mapes, Zollner, Elliott Coues, and Hyslop, Cromwell Varley, Dr. Alfred R. Wallace, Mr. Myers, and Dr. Hodgson, admit that the manifestations are produced by the spirits through the agency of the 'psychic force' (as Sir Wm. Crookes called it) of the medium, who is able, when the conditions of the circle are favorable, to attract from the sitters still more of this power, which thus becomes centred in him. He is, so to speak, a storage battery that can be drawn upon at the will of the 'intelligent operator at the other end of the line.' This force is employed for the production of the varied physical manifestations which have been observed in the presence of mediums, the determining factors in each case being the peculiar quality of the force, the capabilities of the mediums, the knowledge and power of the spirits, and the influence of the sitters or observers. Dr. Dean Clarke says: 'Human magnetism, or nerve-aura, is probably the most sublimated form of ethereal matter, hence nearest in refinement to spirit-substance, and therefore spirits use it as the vehicle of their vibrating forces. Those persons who have an excess of magnetism of the proper quality to unite with both the psychic force of spirits and the forces inherent in natural objects, and thus form an electro-magnetic connection of spirits with the objects they wish to act upon are the ones chosen as physical mediums. The mind and brain of the medium are not often, nor necessarily controlled, only his magnetism and psychic forces are used, through which spirits transmit the vibrations of their own power to mechanically produce concussions, or movements of material objects.'

Hudson Tuttle, writing 'automatically,' gave the following description by a spirit of

How Physical Phenomena are Produced

'Zoether (psychic force) emanating from the medium charges the object to be moved, and a band of spirits directs a current of their own zoethic emanation in the direction they desire the article to move, and it passes along the current thus produced. The charging of the object by the medium is necessary in order that it may be in a state of vibration harmonious to the spirit current. If this current be directed against the table or other charged body, raps or concussions are produced, as a positive and negative relation exists between the spirits and the medium's zoether.'

(To be continued in next issue)



Cook Book Capers

by Edie Faubel

CHICKEN AND RICE

1 cup raw rice

1 package dry onion soup mix

1 chicken, cut up

1 can cream of chicken soup

1 soup can milk

Paprika

Grease a large casserole dish. Put in raw rice; sprinkle on dry soup mix. Lay chicken on top. Mix chicken soup and milk together and pour over all. Sprinkle with paprika. Cover with foil - bake 1 hour at 350°. Uncover and finish browning.

LEMON - PARSLEY BUTTER

(for broiled meats or fish)

4 Tbsp. butter, softened

Salt, pepper

Juice of half a lemon

2 or 3 sprigs of fresh parsley

Chop parsley very fine. Mix with other ingredients and spread this over the cooked meat or fish. Return to oven for just a few minutes so the butter mixture can melt into meat or fish.

INVOCATION

O Spirit of Infinite Love and Tenderness, we lift our hearts in grateful assurance that in answer to our aspirations, strong and wise and lofty spirits will come to guide, direct and guard us. The yearnings of our hearts to do, to work, to serve, must ever be of some service in the world. The desire to create something of happiness and peace and joy in the troubled hearts of those who suffer, must ever find its answer in a better life, a better order in the community, a more spiritualized people. Though sometimes the shadows fall across our pathway and the light is shut away from us and we see only dimly the steps we are to take, yet we know spirit power is guiding us, that the love of our spirit people is supporting and sustaining us. Wherever there is a heart that aches, wherever shadow brings tears of sadness or distress, there may we go, and with this truth of the tender love and ministering spirits bring understanding, love and joy. Amen.

TRUE RELIGION

True religion leads us to live better and truer lives.

It makes us observe a stricter honesty in all our dealings with mankind.

It causes us to search our own hearts and make them clean and pure—free from all taint of selfishness—free from everything that can debase.

It implants within us principles and motives which help us to withstand all the evil temptations which beset the pathway of life.

Gautama Buddha said: "One's own self it is indeed difficult to subdue." A voice from the spirit has told us that virtue is the exercise of sufficient will power to avoid that which is hurtful.

Progress in personal morality is possible for every human being and to aid in this progress is the aim of all true religion.

Let us labor until there shall be a grand unison of efforts toward a common goal, whose achievement shall uplift the race, whose coming shall send gladness to the hearts of those who are weary and heavy-laden.

BENEDICTION

May the light of truth shine in your lives and the potentialities of spirit unfold, that you may realize through your inner consciousness, your at-one-ment with Infinite Intelligence. Amen.



Busy Bees

by Bee Dorbandt

When I was asked to write a column for the "Busy Bees," I thought of the similarity of the name of Serenity's Ladies' Guild and my own name.....and I wondered if perhaps this was a gentle hint from the heavenly realms for me to be busier than I am.....a full-time job – a home to run – social events with friends and relatives, and the terrible time consuming past-time of "telephonitis." The teachers from on high have given us this maxim that "Capacity Never Lacks Opportunity" and so the opportunity has been presented to tell about our activities.

The Busy Bees meet the third Wednesday of each month at the offices of the church, in Corte Madera, to embroider, sew, and stuff the traditional Raggedy Ann and Andy dolls, which are on sale all year round and also at the church's Holiday Harvest Bazaar before the Christmas holidays. The men of Serenity realize that Truth is neither male or female, and so they assume their places as workers in the field and do their part to help get the dolls ready for sale. As Barbara Murphy stated in an earlier issue of the Sentinel, the doll making is fun and there are many laughs, songs are sung, and the philosophy of Spiritualism creeps into the conversation to keep everything balanced. Also, we recognize that the physical man needs feeding, so refreshments are served.

Many people think that they do not have the talent to create beautiful things – be it sewing, embroidery, or the other crafts. It has been proven many times that the Spirit of Spontaneity, along with the Faculty of Application, will open the door to many talents – it may surprise you to see what you can do. Also, the love you put into the making of these darling dolls will make your work light and many children happy.

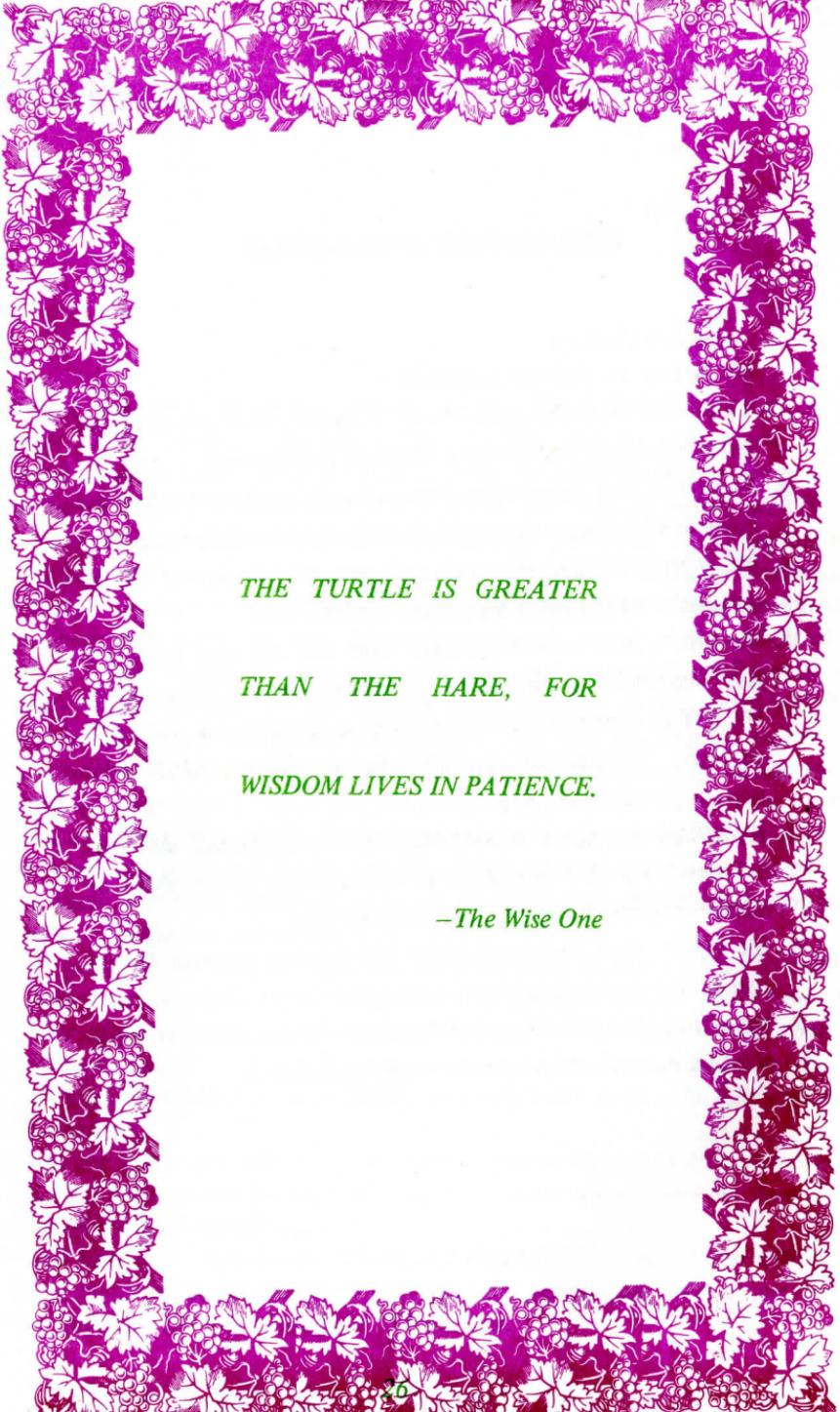
If you are interested, please contact one of the workers at church, this Sunday, for ideas on how we can be mutually helpful to each other in making these dolls a happy project for all concerned.

If you have any other special talents and would like to share them with us, we would be delighted to discuss them with you and perhaps use them at our Holiday Harvest Bazaar in the fall of the year. Thank you.



DECLARATION OF PRINCIPLES

1. *We believe in Infinite Intelligence.*
2. *We believe that the phenomena of nature, both physical and spiritual, are the expression of Infinite Intelligence.*
3. *We affirm that a correct understanding of such expression and living in accordance therewith constitute true religion.*
4. *We affirm that the existence and personal identity of the individual continue after the change called death.*
5. *We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.*
6. *We believe that the highest morality is contained in the Golden Rule: "Whatsoever ye would that others should do unto you, do ye also unto them."*
7. *We affirm the moral responsibility of the individual, and that he makes his own happiness or unhappiness as he obeys or disobeys Nature's physical and spiritual laws.*
8. *We affirm that the doorway to reformation is never closed against any human soul here or hereafter.*
9. *We affirm that the Precept of Prophecy contained in the Bible is a Divine attribute proven through Mediumship.*



*THE TURTLE IS GREATER
THAN THE HARE, FOR
WISDOM LIVES IN PATIENCE.*

—The Wise One

BECOMING A SPIRITUALIST

Spiritualism: God's Message

by H. Gordon Burroughs

One comes to realize that God, neutral in process and manifestation, becomes an energy and force for good or a force for evil. There can be but one energy, one force, and that is God. That which seems to be the opposite of good is God-energy misdirected, and God-energy becomes good or so-called evil according to one's usage of God. Man's producing that which we call evil does not affect God in any sense of the word, but does affect man as a worker with God; and man must pay the penalty of this misuse. That is the reason so many people upon the earth plane today are passing through trying experiences and blaming God for all of them. If man transgresses, he pays; his creed does not enter into the situation at all. It is only through suffering and the penalties paid that man learns to use God's energy constructively. This has been the message of God from time immemorial. It was the message that was given long before the great initiate, Jesus of Nazareth, made his appearance upon the earth plane.

Open wide the door of your clear perception, and like James, John and Luke, like Moses, David, Solomon, and hundreds of mystics who preceded them, the same message in like manner will come back to you; you may become the inspired one who will guide other feet to the doorway beyond.

Spiritual receptivity is a faculty which may be developed by every individual; and as we develop that receptivity, those doorways open through which the same message will come again: the proof of the reality of the part you play in God's great kingdom. Open wide the doors. It is so easy to know. God's speaking to you opens the door for every voice you long to hear and for the voices of the Masters who pray without ceasing for the advancement of the human family. They, too, choose you because of your receptivity, giving to the world their message of light.

Does such development unfit you for the world in which you live? Will you become an impractical individual? No. It makes of you not a religious fanatic, not one who closes himself behind walls. It makes you a worker in the world, a doer and a builder in God's ever-present eternal manifestation, a real man and a real woman, a God-man and a God-woman, with faculties to enjoy life to the fullest, and to rise to that ecstasy in which you know that angels surround you, that God is, and that you together are one mighty host working to fulfill the destiny of the law, consciously playing your part.



Lest We Forget

Gregory J. Adkins

'Gitz' Avery

"Bugs"

Dale Clark

Isabella Craig

Everett Faubel

Jean Goldkette

Isa A. Goodwin

Esta Graham

Sarah Graham

Stephen Iggleden

Maud Iggleden

Alexis Krivor

Clara Krivor

Lila

Jennings Lyons

Donald Parenteau

"Porky"

Sunny Ross

Elizabeth Smith

"Sonny Boy"

"Squeakie"

Ralph J. Stewart

The Wise One

Norman Tibbett

Margaret L. Walker

Robert Walker

Joss Waters

Palmer West

Willie

To send a helpful thought of joy and light to those you love who have passed to the higher life, list their names in this column—Donation of one dollar per name.

(Continued from Page 4)

are here. And when we know why we are here, we have an indication of where we are going and where we came from. For something, my good people, cannot come out of nothing. So we came here from somewhere, from something, and by that very law we are going somewhere, to something.

It was said once that man is never born; he only becomes aware of the dimension in which he is expressing. So, if man is never born, of course, man never dies. And so—how long will it take us to awaken to the great truth that we *are* this great eternity, not these few years that we have a conscious awareness of. You cannot count the centuries that your soul has expressed in time. They cannot be counted by the human mind. Think, my good friends, what are you doing with the life that you are? What is it that you are seeking and have not yet found? If you have difficulty in your search, the obstacle and the obstruction is the intolerance that is within us. That's the only reason we do not find the light of truth is because so often we become opinionated. We have our opinions; they don't agree with everyone else's opinions. Of course not—that's creation. No man ever found anything in form that was identically the same—not even a spoon made identical *is* identical, because that would be contrary to the Law of Creation. And so it is, if there is something that you do not have that you desire, that you feel is needed for you, recognise the great truth that it is right where you are; it is inside of your very being. And when you express the first soul faculty known as *duty* to your soul, *gratitude* for its expression and *tolerance* for the other souls that are an inseparable part of yourself, then you will find the light that will free you while yet in flesh. Thank you.



Poet's Pen

Vain Regret

Right

*The world is a difficult world indeed,
And the people are hard to suit,
And the man who plays on the violin
Is a bore to the man with a flute.
And I myself have often thought,
How very much better 'twould be
If every one of the folks that I know
Would only agree with me.
But since they will not, the very best way
To make the world look bright,
Is never to mind what others say,
But do what you think is right.*

—Light and Life Evangel

Twins

*Devotion borrows Music's tone,
And Music took Devotion's wing;
And like the bird that hails the sun,
They soar to heaven, and soaring, sing.*

—The Hermit of St. Clement's Wall

*My mind was ruffled with small cares
today,
And I said pettish words, and did not
keep
Long-suffering patience well,
and now how deep
My trouble for this sin! in vain I weep
For foolish words I never can unsay.*

—H. S. Sutton

Day Dreaming

*I sleep
through my years, in
the shadow of my puny
cosmos, while I should be dusting
the stars.*

—Kermit Oswald

A Measuring Rod

*That best portion of a good man's life,
His little nameless unremembered acts
Of kindness and of love.*

—William Wordsworth

FABLES FOR YOUNG AND OLD

THE LIONESS

A great rivalry existed among the beasts of the forest over which could produce the largest litter. Some shamefacedly admitted having only two, while others boasted proudly of having a dozen. At last the committee called upon the lioness. "And to how many cubs do you give birth?" they asked the proud lioness. "One," she replied sternly, "but that one is a lion!" **QUALITY IS MORE IMPORTANT THAN QUANTITY.**

THE FOX AND THE GRAPES

Mister Fox was just about famished, and thirsty too, when he stole into a vineyard where the sun-ripened grapes were hanging up on a trellis in a tempting show, but too high for him to reach. He took a run and a jump, snapping at the nearest bunch, but missed. Again and again he jumped, only to miss the luscious prize. At last, worn out with his efforts, he retreated, muttering: "Well, I never really wanted those grapes anyway. I am sure they are sour and perhaps wormy in the bargain." **ANY FOOL CAN DESPISE WHAT HE CANNOT GET.**

THE DOG AND THE SHADOW

One day a dog stole a piece of meat out of a butcher shop, and on his way to a safe place where he could eat it without interruption he had to cross a footbridge over a clear stream. Looking down he saw his own reflection in the water.

Thinking that the reflection was another dog with another piece of meat, and being a greedy dog, he made up his mind to have that also. So he snarled and made a grab for the other dog's meat.

As his greedy mouth opened, out dropped the piece of meat and fell into the stream and was lost. **GRASP AT THE SHADOW AND LOSE THE SUBSTANCE.**



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EVER-RECURRING QUESTIONS

by Andrew Jackson Davis

QUESTION: "If a disembodied spirit were standing before me, and I should take a stick and quickly swing it through the space occupied, would it in any way disturb the elements composing that spirit body?"

ANSWER: According to our investigations and conversations, we answer, "yes." The spiritual body would be disturbed by violent contact with any grosser substance. But we have never known of an instance of this kind, and we think such accidents never happen to the inhabitants of any Spirit Land. On one occasion a spirit seer, in a moment of fright, struck several times at a spirit-personage standing before him, but he found, much to his consternation, that his mighty blows were turned off harmlessly on either side of the spirit. Over and again he attempted to strike straight and hit the apparition, but his cane glanced aside every time, with the speed of thought. It is our present belief that no man can injure the body of a spirit, simply because the spirit is perfectly endowed with the power of self-preservation. Accidents happen only where ignorance or carelessness are characteristics of the inhabitants.

QUESTION: "In this world we can easily understand the uses of physical organs, such as the organs of reproduction, &c; but, unless the other world is also a place for reproduction, it is difficult to understand why they should continue as part of existence. And yet, as spirits are both male and female, I conclude that such organs do remain with the spirit after death. How is this?"

ANSWER: All things are regulated by a basic law of USE, which is deeper than the surface functions performed in the presence of the senses. Beneath the common duties of an organ there is a finer class of uses, which is seldom conceived of by physiologists, and never by persons who accustom themselves to sensuous processes of reasoning. For example, the teeth seem to be designed solely for the purpose of biting and masticating food, and this is the only use for teeth which many perhaps see, but it is clear then, the dental organism is adapted to the performance of duties far more exalted. The teeth are necessary to the beauty of the mouth, and to the symmetry of the whole face, and yet more are they necessary to the correct pronunciation of words. And they have yet other uses.

So of the organs of reproduction. To most observers these organs are adapted to the propagation of our species, and, incidentally thereto, they perform several purely physiological duties for the benefit of bodily health.

THE LITTLE CAT ANGEL

by Leontine Stanfield

*The ghost of a little white kitten
Crying mournfully, early and late,
Distracted St. Peter, the watchman,
As he guarded the heavenly gate.
“Say, what do you mean,” said his saintship,
“Coming here and behaving like that?”
“I want to see Nellie, my missus,”
Sobbed the wee little ghost of a cat.
“I know she’s not happy without me,
Won’t you open and let me go in?”
“Begone,” gasped the horrified watchman,
“Why the very idea is a sin;
I open the gate to good angels,
Not to stray little beggars like you.”
“All right,” mewed the little white kitten,
“Though a cat I’m a good angel, too.”
Amazed at so bold an assertion,
But aware that he must make no mistake,
In silence, St. Peter long pondered,
For his name and repute were at stake,
Then placing the cat in his bosom
With a “Whist now, and say all your prayers,”
He opened the heavenly portals
And ascended the bright golden stairs.
A little girl angel came flying,
“That’s my kitty, St. Peter,” she cried.
And, seeing the joy of their meeting,
Peter let the cat angel abide.*

*This is the tale of a kitten
Dwelling now with the blessed above,
It vanquished grim Death and High Heaven
For the name of the kitten was Love.*

THE LITTLE CAT ANGEL

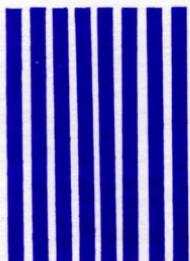
by Leontine Stanfield

The ghost of a little white kitten

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